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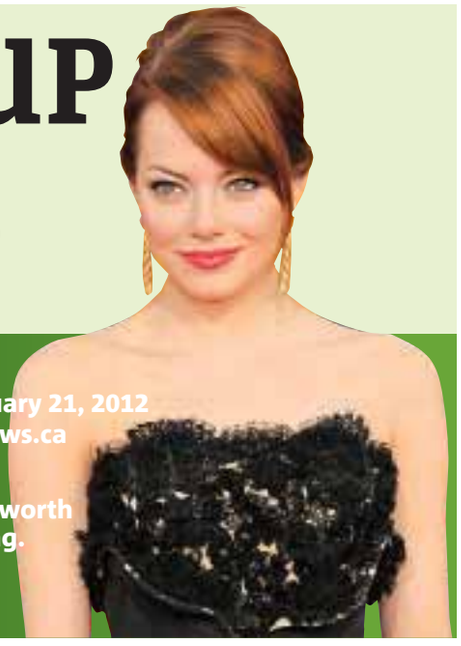
EMMA STONE'S TRAINER TELLS YOU HOW
{page 11}



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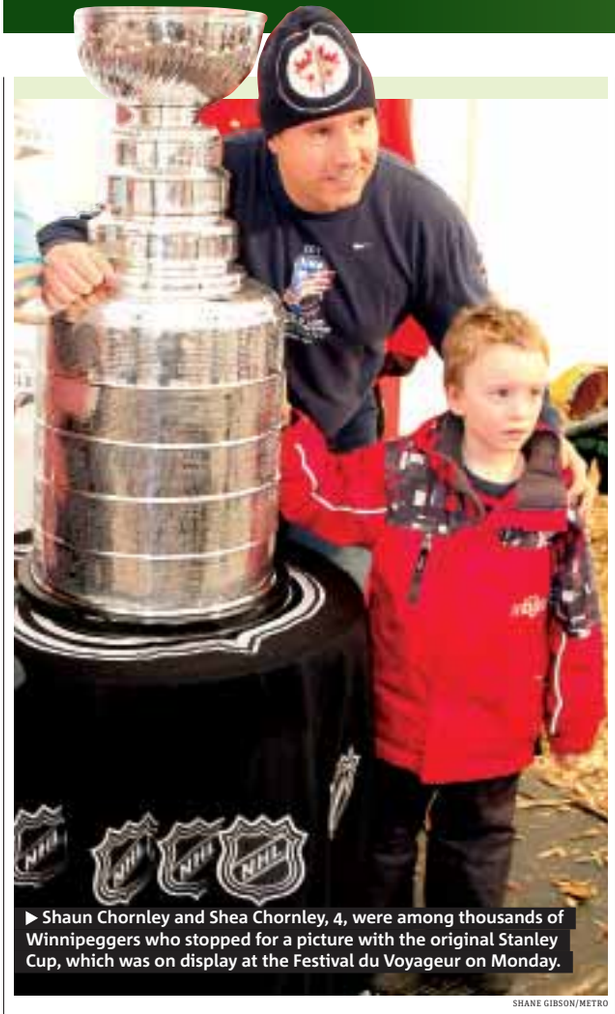

▶ Shaun Chornley and Shea Chornley, 4, were among thousands of Winnipeggers who stopped for a picture with the original Stanley Cup, which was on display at the Festival du Voyageur on Monday.

SHANE GIBSON/METRO

Cup shines bright at festival

Hydro banking on spring rain

- Public Utilities Board turns down Hydro's rate-change appeal
- Mild winter, low precipitation among factors affecting profit

SEAN LEDWIG
WINNIPEG@METRONEWS.CA

The Public Utilities Board has brushed aside Manitoba Hydro's appeal of the board's Jan. 17 decision to deny Hydro a rate increase.

We're disappointed," said Hydro spokesman Glenn Schneider after the Friday decision.

"It weakens us financially," he added, saying the lost revenue means Hydro will have to increase its debt load for capital projects.

Hydro was asking for 2.9 per cent rate hikes on April 1, 2010, and April 1, 2011. The PUB instead authorized 1.9 and two per cent respectively.

In last Tuesday's appeal, Hydro predicted that the PUB denial will cost them $25 million for the 2011-12 fiscal year, resulting in a March 31 year-end net profit of $65 million — half of last year's year-end profit. Schneider blamed the other $40 million of predcited profit dip on weak sales due to a mild winter and a sluggish U.S. economy, as well as low precipitation threatening power production at generating stations.

However, on Friday, Hydro released a third-quarter report that forecasts a March year-end net profit of $100 million.

Schneider conceded that it's too early to say if the utility's generating stations will be affected by a lack of water come spring.

"The chief variable, in terms of the water flows, is still the spring rain," he said. "That's the No. 1 factor from a Hydro perspective."

Hydro's 10-year capital plans, estimated to cost about $20 billion, include the Bipole III transmission line and two new generating stations — Keeyask and Conawapa.

Hydro and PUB battle

Hydro and the PUB continue to battle over Hydro withholding export agreements and capital planning details from the board.

"There's a separate (cabinet) process in place to review our capital-spending plans," Hydro spokesman Glenn Schneider said. "We're baffled by why they feel a need to duplicate it."

In a Jan. 17 press release, the PUB wrote, "This Board does have jurisdiction over the approval of MH's rates in which MH seeks to recover the financing, operating and amortization expenses directly attributable to MH's capital expenditures."

SEAN LEDWIG

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HIV-positive sex offender deported

A man convicted of having sex with a 12-year-old girl and who didn't tell sex partners he was HIV-positive has been deported.

The Canada Border Services Agency reported Monday Clato Mabior was deported to South Sudan on Feb. 15.

Mabior was convicted in 2008 for two counts of aggravated sexual assault after it was found he had sex with six females, including a 12-year-old girl. He told none of them he was HIV-positive.

None of the females were infected with HIV. The sexual relationships happened between 2002 and 2004. ELISHA DACEY

CONTRIBUTED

▶ Clato Mabior

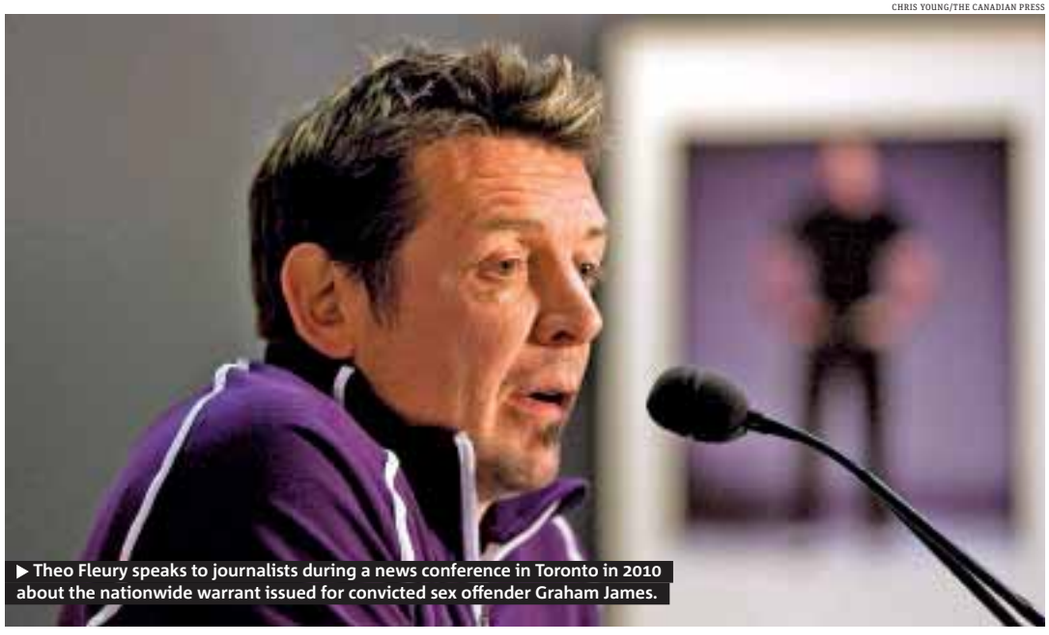
Robbery suspect sought

Police are looking for a suspect after a man robbed a West Broadway restaurant on Sunday night.

An 18-year-old male employee was working at the business in the 100 block of Sherbrook Avenue when he was confronted by a lone male suspect around 8:20 p.m.

SHANE GIBSON

CHRIS YOUNG/THE CANADIAN PRESS



▶ Theo Fleury speaks to journalists during a news conference in Toronto in 2010 about the nationwide warrant issued for convicted sex offender Graham James.

Graham James should get jail time: Fleury

Ex-NHLers Sheldon Kennedy, Greg Gilhooly to attend tomorrow's hearing

Retired NHL star Theoren Fleury says it's common sense that his junior hockey coach should get jail time for sexually abusing him when he was a teenage player. But Fleury also says he's already moved on — no matter what happens to Graham James in court.

James is to appear at a sentencing hearing in Winnipeg on Wednesday. He pleaded guilty via video link in December to repeated sexual assaults against two former junior players: one of them Fleury and another who cannot be named because of a court-ordered publication ban.

The Crown and defence will make their sentence recommendations. The hearing will also allow the victims to be heard.

Fleury won't attend as he'll be in Vancouver preparing to host the National Aboriginal Achievement Awards later in the week. He's prepared a victim-impact statement, although he says he doesn't have any expectations about what the judge's eventual sentencing decision will be.

"My sole focus and sole purpose in my life — and for the remainder of my life — is to support other victims who have come forth, or are yet to come forth, and have started the journey and the path to healing," Fleury said from Calgary in an interview with The Canadian Press.

In an email, which also appears on Greg Gilhooly's Facebook page, the former goalie said the hearing in Winnipeg will be the first time he's seen James in 30 years.

"I have a ticket in hand and plan on being there."

THE CANADIAN PRESS

Period of abuse

- The latest convictions against James date from a period between 1983 and 1994. He has already served a 3 1/2-year sentence for abusing three other former players about the same time.
- James started fondling Fleury in September 1983 while the hockey player slept. The abuse escalated over a two-year period to a point where James would masturbate in front of Fleury before performing oral sex.

1 news

It's been an upbeat three years for Archie, but a bizarre CEO feud is rocking the company behind the comic. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Canadians living across the border from Detroit are rallying to put an end to what they call the 'Windsor Hum.' Watch at metronews.ca/video.

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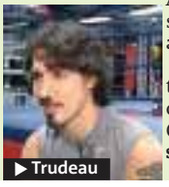
FIGHT FOR THE CURE

Trudeau the underdog in charity fight

Conservative Sen. Patrick Brazeau is the favourite against Liberal MP Justin Trudeau in an upcoming boxing match, an online bookmaker says.

Bodog.ca said it looked at the men's experience — particularly Brazeau's black belt in karate — and physical stature and put Brazeau at -500 odds and Trudeau at +300. That means Brazeau has more than an 80 per cent chance of winning, it said.

"I was just trying to size up these fighters as if they were actual boxers and trying to put them at a number," said Adam Burns, sports-book manager for Bodog.ca.


▶ Trudeau

The Fight For the Cure match is on March 31 in Ottawa. JESSICA SMITH IN OTTAWA

Third charge laid in 'couch surfing' death

A Quebec man accused of driving a vehicle that dragged a sofa carrying two of his friends, one of whom was killed, faces three criminal charges.

Alex Labbe, 21, of St-Benjamin, had already been charged with hit-and-run causing death and dangerous driving causing death. On Monday, the Crown laid a third charge of criminal negligence causing death in the Saturday-night stunt that killed Francois Hallee, 22. He was freed on $2,000 bail. THE CANADIAN PRESS

Feds blasted over veterans' aid

Vets not given proper reasons for denial of benefits, ombudsman says

A report on how former soldiers are told whether they have qualified for disability benefits is the start of a wide-ranging look into problems plaguing veterans' care, the veterans ombudsman says.

In his report into whether veterans are given enough information about why they are granted or denied disability benefits, Guy Parent found the government is failing.

And failure so early in the process can have a domino effect that Parent says he intends to study over the coming years.

"We needed to start somewhere and I think this is a good point," he said in an interview.

The report released Monday reviewed a sample of 213 disability benefit decision letters sent between 2001 and 2010 and found that none clearly stated the reasoning behind the decision. About one in five gave enough detail for veterans to attempt to deduce the rationale, but the remainder came up entirely short.

Parent said providing information to support a decision is fundamentally different from simply providing a reason for a decision. Failing to provide supporting information for decisions is at odds with the Veterans Bill of Rights and other federal laws, he said.

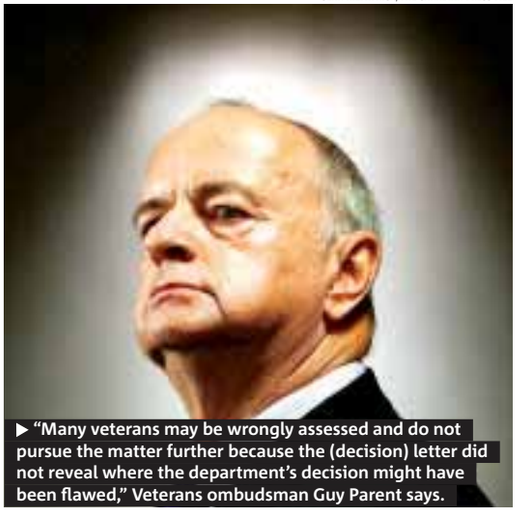
His report makes four recommendations. The way the letters are generated needs to be improved and reasons for decisions need to be stated in plain English, not medical or legal terms.

It also says manuals should be reviewed to make sure adjudicators are aware of what has to be in the letters, and a quality assurance system must be in place. THE CANADIAN PRESS

Reaction

- **A spokeswoman for** Veterans Affairs Minister Steven Blaney said he welcomes the report and intends to act quickly.
- **"Cutting red tape and** providing hassle-free services to our veterans is minister Blaney's top priority," Codie Taylor said.

SEAN KILPATRICK/THE CANADIAN PRESS FILE


▶ "Many veterans may be wrongly assessed and do not pursue the matter further because the (decision) letter did not reveal where the department's decision might have been flawed," Veterans ombudsman Guy Parent says.

Afghan cold claims dozens of children

More than 40 people, most of them children, have frozen to death in what has been Afghanistan's coldest winter in years, an Afghan health official said Monday.

The government has recorded 41 deaths from freezing in three provinces — Kabul, Ghor and Badakhshan — said Health Ministry spokesman Ghulam Sakhi Kargar.

All but three or four of those who died were children, he said. Twenty-four of the deaths were in the capital of Kabul, mostly in camps for people who have fled fighting elsewhere in the country.

Kabul has been experiencing its worst cold snap and heaviest snowfall in 15 years, the country's National Weather Centre says. It said the weather was to improve by the end of the week.

The hardest-hit have been people living in tents in a number of camps around the capital. Kargar says the ministry is establishing mobile clinics to try to get help out to people suffering in the cold.

Heavy snowfall in Day Kundi province caused an avalanche late Sunday in the Sang-i-Takht district that damaged three dozen homes and shops but caused no injuries, said Nasrullah Sadiqizada, a member of parliament from the central province. THE ASSOCIATED PRESS

Help on the way

- **The UN and a U.S. aid** agency are distributing blankets, tarps and fuel to people living in 40 camps in Kabul.
- **NATO also delivered about** 1,000 blankets, coats, socks, mittens and hats to a refugee camp in Kabul.

INDEPENDENT COMMISSIONER
SEEKS PUBLIC INPUT ON MLA PAY

An independent commissioner of the Manitoba Legislative Assembly has been appointed to make decisions about the appropriate salary, allowances and retirement benefits for all MLAs.

The commissioner, Michael Werier, would like to hear from you before March 31, 2012.

Your submission may be sent to:

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1035 – 405 Broadway
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E-mail: **commissioner@legassembly.mb.ca**

Current MLA pay, allowances and retirement benefit information can be found at **www.reviewcommissioner.mb.ca**

Red Cross urging ceasefire in Syria

The International Committee of the Red Cross (ICRC) is trying to broker a ceasefire aimed at allowing emergency aid to reach people in the areas most affected by fighting in Syria, where thousands have died in an 11-month uprising against President Bashar Assad's regime.

An ICRC spokeswoman, Carla Haddad, said the Geneva-based aid group has been in talks with Syrian authorities and opposition groups for some time, but attempts to negotiate a ceasefire began only recently. THE ASSOCIATED PRESS

Ugandan women sold as sex slaves

Advertisements pinned on the walls of malls in Uganda's capital promise young women a free ticket to a well-paying job in Malaysia as a nanny or maid.

Instead, authorities say, many are forced to become sex slaves to pay off travel fees and other costs totalling as much as $7,000. The traffickers brainwash their victims into believing they may die if they quit, apparently by collecting samples of their hair and fingernails. Authorities say nearly all of the prostituted girls have college degrees but have failed to find jobs in Uganda, where unemployment is high.

And Ugandan officials say it is hard to cripple a highly organized syndicate that preys on educated but vulnerable women, then intimidates them into the kind of silence that hampers investigations.

"Some of the girls, when they reach here, we ask them to tell us what happened. And she says, 'I can't tell you; I will die.' They will never talk," said Asan Kasingye, chief of Interpol in Uganda.

A report released last week said more than 600 Ugandan girls are trapped in Malaysian prostitution rings. Uganda's honorary consul in Kuala Lumpur said in the report that at least three Ugandans have been killed there in the past two years. THE ASSOCIATED PRESS

Canada Post must modernize: CEO

$2.1 billion is being put toward revamping postal service

PAWEL DWULIT/THE CANADIAN PRESS

▶ Canada Post President and CEO Deepak Chopra.

The growth of online retailers represents the biggest opportunity in a generation, but Canada Post chief executive Deepak Chopra says the post office needs to change to survive as fewer letters get delivered each year.

Chopra says the organization is going through its biggest upheaval since the introduction of postal codes and machine sorting.

And while the number of windowpaned envelopes with the latest Visa bill or bank statement is decreasing, the volume of yellow-padded envelopes with eBay purchases is on the rise. "We're on the verge of a massive explosion in e-commerce," said Chopra.

Postal services around the world are facing the same trends that squeeze their business, undercut revenues and threaten to produce mass layoffs. The U.S. Postal Service says it may lose as much as $18.2 billion a year by 2015 without major changes.

Canada Post is also restructuring. It opened its first new plant in 20 years in Winnipeg and is retrofitting operations in Toronto, Montreal and other cities. Modern equipment is speeding processing times, but means less manual handling and tensions with unionized workers.

THE CANADIAN PRESS

to Tinseltown for viewers

YouTube is enlisting Hollywood's help to reach a generation of viewers more familiar with smartphones than TV remotes. The online-video giant is aiming to create 25 hours of programming per day with 96 more channels. The Google-owned site is spreading its wealth among producers, directors and other filmmakers using a $100-million US pot of seed money it committed last fall. THE ASSOCIATED PRESS

News in brief

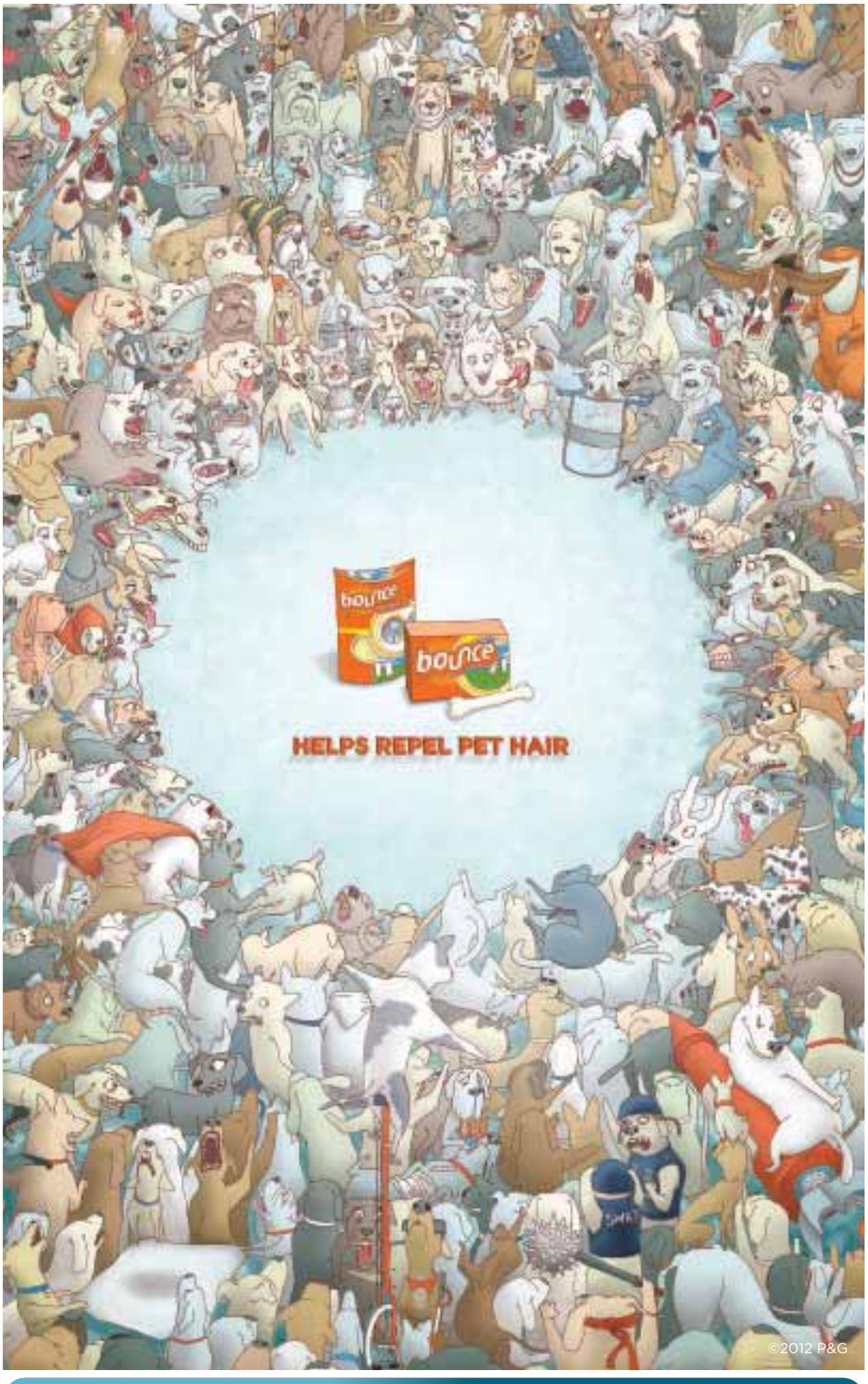
Canadians still love cold, hard cash money

VS. CREDIT. In the age of debit and credit cards, Canadians still love cash. A survey by the Bank of Canada revealed that cash still accounts for 53.8 per cent of all transactions, and if the purchase was under $25, that share goes to about 70 per cent. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas	Gold
No change (12,458.30)	No change (100.43¢ US)	No change ($103.24 US)	$2.68 US No change	$1,725 US No change



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Australia	1.9 ¢/min	Israel	1.9 ¢/min	South Korea	2.9 ¢/min
Bosnia	13.9 ¢/min	Italy	1.9 ¢/min	Sri Lanka	9.9 ¢/min
China	1.9 ¢/min	Lebanon	7.9 ¢/min	Trinidad	4.9 ¢/min
Colombia	from 3.9 ¢/min	Mexico	from 1.9 ¢/min	U.A.E.	14.9 ¢/min
Cuba	89.9 ¢/min	Pakistan	5.9 ¢/min	U.K.	2.9 ¢/min
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YOU ARE WHAT YOU PIN

SHE SAYS ...

JESSICA NAPIER
METRO

If Facebook is like a diary of what my life actually looks like (albeit a carefully curated one), then Pinterest is my vision board for what I wish my life looked like.

If you're unfamiliar with this rapidly growing social-networking site, well, where have you been? Here's how it works: images of beautiful clothes, adorable animals, elegant homes and perfectly styled foodstuffs are virtually "pinned" onto thematic boards. Users can edit and share their digital pinboards with fellow pinthusiasts who can then comment on, like and re-pin the images on their own boards and so on.

While a small percentage of the images are purely practical — think "the best DIY drain cleaner" — the majority are simply things that are nice to look at. The photo-sharing site is especially popular among young women (hi there!) who grew up tearing images out of magazines and tacking them up on corkboards to create aspirational collages. Taking this low-tech practice and moving it online is both genius in its simplicity and its revenue-generating potential.

"In January of this year, Pinterest became the fastest website in history to break through the 10 million unique visitor mark..."

Not only is Pinterest easy to use, it's also hopelessly addictive. I've stayed up until 1 a.m. browsing online catalogues of stunning interiors because I decided my home-decor board absolutely needed some new material. I catch myself pinning at home, at the office, in transit ... heck, I've pinned 10 times already while writing this column.

Interestingly, Pinterest's user demographics in North America differ vastly from those across the pond. The overwhelming majority of American users are females (83 per cent) using the site to post images from feminine interest areas such as fashion, hair and beauty, wedding decor, recipes, etc. In Britain, more than 50 per cent of the users are males sharing very different materials, including SEO and marketing resources, web analytics and venture-capital-related items. Notwithstanding these differences, images concerned with homemade crafts rank pretty high in both countries. I guess you can't deny the popularity of DIY tchotchkes.

While you could dismiss this photo-sharing site as a frivolous collection of eye candy, you'd be a fool not to recognize its potential. I'm sure plenty of companies and brands would love to know that I have visited websites and even made a couple of purchases as a direct result of something I stumbled upon on someone's virtual pin board.

In January of this year, Pinterest became the fastest website in history to break through the 10-million-unique-visitor mark and it's growing exponentially every single day. So are you getting nervous, Mr. Zuckerberg?

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

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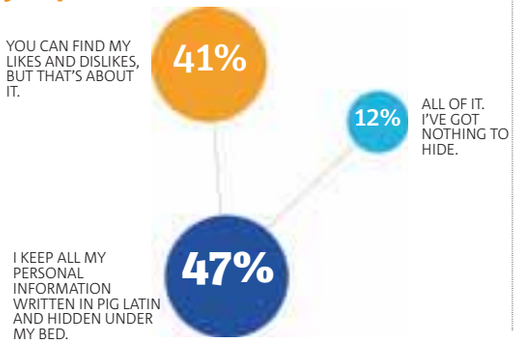
How much personal information do you post online?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12%
ALL OF IT. I'VE GOT NOTHING TO HIDE.
I KEEP ALL MY PERSONAL INFORMATION WRITTEN IN PIG LATIN AND HIDDEN UNDER MY BED.
47%

Local tweets

- **@mirtle:** The Leafs have some company in eighth place with the Jets winning three in a row. Imagine the party in Winnipeg if they make it this year?
- **@The_Eardrums:** G - "In the future, everyone will be #Winnipeg-famous for 15 minutes (when they appear on the cover of @metrowinnipeg)." -not Andy Warhol
- **@_Knee:** #ThingsWinnipegersDontSay I am SO pumped for Louis Riel day!
- **@ally_mcmillan:** Waking up after dancing in heels all night, I won't need a workout for probably a week.
- **@KristenEinarson:** HAPPY LOUIS RIEL DAY!!!! I know I'm having a Louis Riel party. #justkiddingthatsweird
- **@DJaRrrr:** My girlfriend told me to see things from a girls point of view, So I looked out the kitchen window
- **@saramahon:** "I hate when the chip bag is too long for your arm" #firstworldproblems
- **@stephheinrichs:** Brought home my plastic chop sticks from last night. I want to be a drummer.

GETTY IMAGES

Daily Zoom

Out of the blue in Rio

Revellers gather in Rio for parade

RIO DE JANEIRO. This year's Carnival celebrations seem to have drawn some of the unlikeliest of fans. These "Smurfs" were some of the many revellers who descended on Rio de Janeiro to watch the elaborate parades of Carnival which culminate on Fat Tuesday before the start of the Catholic season of Lent. MWN

Swivelling hips for 40 minutes

PARADE. The main event of the Carnival takes place at the Sambadrome, a city strip flanked by stands with 80,000 spectators, where 13 samba schools perform with lavish moving floats. Feathered dancers dance and swivel their hips nonstop for 40 minutes to compete for the prize of the parade's champion. MWN

Carnival facts

- **History.** Carnival dates back to the 18th century and mixes the traditions of Portuguese settlers with the culture and history of the African slave population. The first parade of samba schools was in 1928.
- **What samba schools do.** Each school features up to 6,000 drummers, dancers and other participants as well as spectacularly decorated floats. The schools develop an allegorical theme with a specially written samba song.
- **Queens of the Night** Each school has a rainha, or queen, who leads the drum corps. Usually dressed in little more than a huge plumed headdress and high-heeled shoes, they are often famous actresses or models.

metro

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Filming on a mission

Act of Valor crew had their work cut out for them following the days of real-life Navy SEALs

ADAM NAYMAN
SCENE@METRONEWS.CA

HANDOUT

▶ Act of Valor is the product of a pair of documentaries made for the U.S. Air Force and Navy.

"We wanted to show that these guys were human beings and not Terminators," says Scott Waugh, the co-director of the unconventional new feature Act of Valor, an action movie starring real-life Navy SEALS.

"Originally, they turned us down, saying that they weren't actors, and that they weren't Hollywood guys.

"We told them that we only wanted them to be themselves."

Waugh is a former stuntman and his co-director Mike McCoy used to race motorcycles for a living, so it's no surprise that they were able to relate to a group of alpha-male types.

Act of Valor grew out of documentaries the pair made for the Air Force and the Navy, but it's a fictional narrative, featuring scripted dialogue, plot twists, and actors in supporting roles (mostly as the terrorist villains on the wrong end of the SEALS' gunsights).

McCoy says that the story is rooted in reality, however.

"Everything that happens to a SEAL in the film has happened to a SEAL on the battlefield."

In some cases, the line between filmmaking and field work blurred together: a scene where the SEAL team rendez-vous with a nuclear submarine was shot using the real thing.

"We waited until a true insertion operation was planned and then hopped on," says Waugh, who says that they weren't given exact coordinates on the sub's location until the morning of the shoot.

"All that stuff is real and shot in real time."

"We avoided CGI," adds McCoy.

"It's all real stuff, like in the action movies we were raised on."

That also means that the SEALs did their own stunts, which McCoy says was less of a stretch than one might think.

"The way they train, they're the most physically capable people on the planet."

While Waugh and McCoy acknowledge that releasing such a pro-military movie into such a polarized political moment is a risk, they say they don't have any agenda: their admiration for their subjects and subject matter is sincere.

"We had one goal when we started the film," says Waugh, "and that's that the guys would still want to have a beer with us when we were done. And I'm proud to say that we're still drinking beer together."

Shooting SEALs

▶ The Act of Valor crew followed real SEAL training sessions and although there might be concern about revealing the identities of these special operations forces, the SEALs they followed weren't in an operational position, but merely in training. The faces of the SEALs and their first names are used in the movie.

DVD reviews

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

J.Edgar
Genre: Drama
Director: Clint Eastwood
Stars: Leonardo DiCaprio, Armie Hammer, Naomi Watts
●●●

Clint Eastwood's substantial biopic tells us many things, possibly too many, about the late J. Edgar Hoover, the secretive FBI director who probed America's nether regions for 48 years under eight presidents, from 1924-72.

Penned by Milk screenwriter Dustin Lance Black, J. Edgar is attentive to both the rumours (the cross-dressing and the gay lover) and to historical fact (the crime-busting and the empire building). There is almost too much detail about the man/monster portrayed by Leo DiCaprio from Hoover's youth to old age.

J. Edgar nevertheless succeeds in illuminating Hoover, despite the faded hues of Tom Stern's desaturated colour cinematography and Eastwood's austere direction and minimalist score.

The spotlight is powered largely by the wattage of DiCaprio's formidable central performance. There are other star turns, including Judi Dench as Hoover's overly attentive mother, Naomi Watts as a potential love interest, and Armie Hammer as his true love.

In the end, J. Edgar is a wildly ambitious yet admirable undertaking that leaves us with no tears, but reminds us about the power of love.

Extras include a making-of featurette.

PETER HOWELL

2 scene

Box office

Woody Allen's romantic fantasy Midnight in Paris and Alexander Payne's family drama The Descendants have won top screenplay honours from the Writers Guild of America. With his biggest hit in decades, writer-director Allen earned the guild's prize Sunday for original screenplay on Midnight in Paris. The film stars Owen Wilson as a modern Hollywood writer who gets a chance to hang with his literary idols in the 1920s Paris of Hemingway and Fitzgerald. Director Payne shared the adapted screenplay honour with co-writers Nat Faxon and Jim Rash. Based on the novel by Kaui Hart Hemmings, The Descendants stars George Clooney as a Hawaiian dad struggling to tend to his two daughters after a boating accident puts his wife in a coma.

THE ASSOCIATED PRESS

Canadian film sound engineers lose out to Hugo team at Audio Society Awards

NEED A RIDE?
Read metrodrive every Wednesday.

Houston items go up on the auction block

Singing legend was buried on Saturday and already her Bodyguard dress, earrings are up for grabs How much will these pieces of Whitney go for?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Well, that was quick. She was just buried on Saturday, but the vultures are already circling: It was announced on Sunday that the black velvet dress and a pair of earrings Whitney Houston wore in The Bodyguard will be put up for auction next month in California as part of a Hollywood Legends auction.

According to celebrity auctioneer Darren Julien, Houston's Bodyguard items became available after her death on Feb. 11.

ALL PHOTOS GETTY IMAGES

▶ A fan takes a photograph at the gravesite of Whitney Houston Sunday in Westfield, N.J.

"It proves a point that these items, they're an investment," Julien told The Associated Press.

"You buy items just like a stock. Buy at the right time and sell at the right time, and they just increase in value."

He continued: "It's a celebration of her life. If you hide these things in fear that you're going to offend someone — her life is to be celebrated. These items are historic now that she's passed."

Point taken. But her death is already so tragic. Can't we have an appropriate amount of time to mourn before everyone starts to profit off of her? Say, a week?

Lilo to actually work?

Lindsay Lohan is set to host Saturday Night Live on March 3, but the gig didn't come without a fair amount of begging and pleading, according to TMZ.

Sources say that with her community service nearly complete, the troubled actress is hoping to kick-start her career comeback.

To that end, Lohan reached out to the show's executive producer, Lorne Michaels, suggesting the idea of her hosting again. This will be Lohan's fourth time hosting the program.

And I know you all will be tuning for all of the wrong reasons.

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How Emma got that red-carpet body

The Academy Awards are this Sunday, so you know celebs are busy working out to get ready ◗ Personal trainer Armando Alarcon, who works with The Help star Emma Stone, tells us how to rock the toned red-carpet look

For all the jokes about plastic surgery and dangerously thin actresses, many celebrities today look toned and tight because of one thing: They exercise regularly. And they work hard at it. See for yourself February 26th, on the red carpet at the Academy Awards. Sure to be there is Emma Stone, whose film The Help is nominated for Best Picture. We asked her personal trainer, Armando Alarcon, about her routine — and how you can emulate it.

Maximize your body 100 per cent

The first tip is to never single out one exercise. Full-body training will make you use more muscle and burn calories.

"The body does not move as one single entity," says Alarcon.

"Constantly change your routine with a mix of Pilates, basic weightlifting, yoga and plyometrics combined into one so that the body changes as a whole rather than one particular muscle group."

Identify, target and fix problem areas

When standing tall, a man will look stronger and a woman more elegant, but everyone has a problem area that can affect overall posture.

"I am not built to lift weights mentally. I do not like lifting heavy metal over my head. I have a lot of rage, I guess, and it comes out when I'm hauling steel overhead."
EMMA STONE, ON WORKING OUT WITH ARMANDO ALARCON

Identify these and bring the body back to its original state before building it back up again.

The most common problem occurs when your chest pulls you forward and your back doesn't have the strength to hold the shoulders back, rounding the shoulders and causing a squatted forward lean of the head.

You need to focus on working the back muscles (Pilates is great). Doing so also flattens out the stomach and brings the chest and the shoulders back and down and correctly aligned with the head.

Weights don't need to weigh you down

The celebs use weights — well, light ones.

"Think of it this way: walking is good, jogging is better and sprinting is best," says Alarcon. "Adding five-pound ankle or arm weights to any exercise is hard as heck but causes more of a burn, as it maximizes the effort and shortens the time needed to gain the maximum amount of muscle. You can go from doing 20 reps to 10 to 15, and get the exact same results," he continues.

If it's bad, don't eat it

Alarcon doesn't believe in diets. Allow yourself to eat what you want to eat or you will crash.

His food rules are simple: If you think it's bad, it probably is, so don't eat it. If you think it's too much, then don't eat it all. Whatever your vice is — carbs, fat or salt — change it.

Then eat breakfast. Proteins. Vegetables and water. And a flat stomach will follow, which you can then tone up with ab exercises. Sounds like a lot of work? For proof of the results, check out Emma this Sunday night.

GETTY IMAGES

▶ Actress Emma Stone

Alarcon on Emma

"Emma is the perfect example of someone who controls her eating very well. She doesn't go on diets and does indulge once in a while but overall, she eats very little meat and fatty foods and lots of fresh fruit and vegetables."

3 OF EMMA'S BEST COMBOS

ILLUSTRATION: MIA KORAB/METRO WORLD NEWS

THE PLANK/ PUSHUP

Lie face down on the floor with your palms at shoulder level, fingers pointing forward. Squeezing your gluteus, push yourself up until your body weight rests only on your palms and toes. Lower yourself and repeat.

THE HOP UP/ AND BACK

After three reps, hold plank position and begin to hop both knees in one motion toward the chest. Pause and in one motion kick both legs out again, ending up back in the plank position.

THE SQUAT/ JUMP

Sit into a squat. Stand with your feet shoulder-width apart. Lower yourself into a very low squat, with your back straight and feet fully on the floor. Rise onto your toes and hop 2 or 3 inches into the air while maintaining your squat position.

3 life

Drink this

Armando's flat-stomach green juice

Blend:
3 green apples
A generous bunch of spinach
A handful of kale
2 stalks of celery

Quoted

"I triple-Spank, which is not good. Spanx really, really work, but you don't need to overdo it. It's wonderful because it gives you the illusion of an hourglass with the sand kind of spread out."

THE HELP OSCAR NOMINEE OCTAVIA SPENCER TO HOST ELLEN DEGENERES ON THE AMOUNT OF SPANX SHE WORE TO CURB HER CURVES AT THE GOLDEN GLOBES

Transgender kids get puberty-blocking drugs, sex-changing hormones; MDs say numbers are rising

C. Kelekis serves up retro cool

For more than 70 years, diner has been offering burgers, hot dogs & more

LUNCH RUSH

SVJETLANA MLINAREVIC
FOOD@METRONEWS.CA

SVJETLANA MLINAREVIC

Hot Dog with fries.

Since one of my favourite shows is Diners, Drive-Ins, and Dives, I decided to get my "Guy on" and visit C. Kelekis, a Winnipeg institution for more than 70 years.

The diner had the requisite lunch counter but what really killed it was a Sardi's-esque homage to celebrities, such as Pierre Trudeau and Nia Vardalos, and an orange mural emblazed with the history of the restaurant and the Kelekis family. This place was so retro it's cool.

To practice my dinerese, I ordered a Coney Island chicken and a "chewed with fine breathe accompanied by pigs." For those of you not familiar with the lingo, that's the Hot Dog ($4) and Hamburger with onions and bacon ($4.75), respectively.

Both were tasty fares as were the accompanying homemade shoestring fries. Despite the fact that Isabel's Rice Pudding ($4.50) and the apple pie ($4.25) were dismal, I thoroughly enjoyed this little diner.

Now the question is how do I get my picture up on that wall?

C. Kelekis
1100 Main St.
582-1786
kelekisrestaurant.com
Social lunch: Yes
Price range: $2.50 - $13.75
Rating: 3 out of 5

THE CANADIAN PRESS H/O

Angel Hair Tuna

Preparation:

1. In pot of boiling salted water, cook pasta about 8 mins. or until tender but firm. Reserve some cooking water; drain pasta. Return pasta to pot.
2. In nonstick skillet, heat oil and lemon rind over medium heat until sizzling. Mix tuna with 15 ml (1 tbsp) of reserved pasta cooking water. Stir lemon oil into pasta and add tuna, heating mix gently. Add lemon juice; stir in tomatoes. Serve with lemon. **THE CANADIAN PRESS/ CLOVER LEAF/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 130 g (4 1/2 oz) angel hair pasta
- 15 ml (1 tbsp) olive oil
- 15 mL (1 tbsp) grated lemon rind
- 30 mL (2 tbsp) lemon juice
- 2 cans (85 g each) flaked light tuna (garlic and hot pepper flavour)
- 250 ml (1 cup) halved grape tomatoes
- Lemon wedges

Pumpkin twist on Shrove Tuesday

In what's become tradition, the day before Lent is known for pancakes, which are made with ingredients that are often restricted during the 40-day fast

NEWS CANADA

This recipe serves four.

YOU HAVE 9 DAYS TO PREVENT 50,000 STROKES EACH YEAR IN CANADA.
Please donate this February at heartandstroke.ca and make death wait.
HEART & STROKE FOUNDATION

Preparation:

1. Combine flour, brown sugar, pumpkin pie spice, baking powder, baking soda and salt in a large bowl.
2. In a separate bowl combine milk, egg, pumpkin, oil, lemon juice and vanilla. Beat with a whisk until smooth. Add to dry ingredients, stirring just until blended. Do not over beat.
3. Heat a large skillet or griddle on medium high heat, adding a small amount of oil. Portion approximately 1/4 cup of batter on griddle, repeating to fill griddle. Cook pancake until bottom is brown and top has bubbles, about 2 minutes. Flip pancakes and continue cooking until bottom is browned. Repeat until all batter is cooked. Serve immediately with Hot Apple Cider Syrup.
4. Syrup: Combine cider and corn syrup in a small saucepan over high heat. Bring to a boil, reduce heat and cook about 15 minutes until mixture has a syrupy consistency.
5. Add butter, cinnamon, nutmeg and vanilla. Keep warm and serve over pancakes. **NEWS CANADA/ ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR & TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 1 cup all-purpose flour
- 2 tbsp brown sugar
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup milk
- 1 egg
- 1/3 cup canned pumpkin
- 2 tablespoons Mazola Veg Plus! canola and vegetable oil blend
- 1 tbsp lemon juice
- 1 tsp pure vanilla extract
- Mazola Veg Plus! canola and vegetable oil blend for skillet/griddle

Apple Cider Syrup

- 1 cup apple cider or juice
- 1 cup BeeHive corn syrup
- 2 tbsp butter
- 1/4 tsp ground cinnamon
- Dash ground nutmeg
- 1/2 tsp pure vanilla extract

What's all the RRSP fuss about?

More money grows larger and faster than less money — so start saving And who doesn't want to pay less taxes?

ISTOCK

▶ Want to retire on a tropical island? Start tucking away some money from every paycheque.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

RRSP season is the only time of year I ever recommend stampeding to the bank as quickly as possible to set up an RRSP account or make a contribution. Each year you have until March 1 to contribute to your RRSP and have it count for the previous tax year.

Wondering what the big deal is with RRSPs? Simply put; the RRSP is the single most powerful tool Canadians have to save money for retirement.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

When you're starting out, perhaps a new career, buying a home, or raising a family, tax deferral is very valuable. It allows you to maximize your savings opportunities even though your budget might be tight.

"I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars."

Nearly anyone can have an RRSP. Individuals can contribute up to 18 per cent of their income, up to $22,450 for tax year 2011, and the limit can sometimes vary depending on your pension program at work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

Start contributing regularly on pay day and increase your contributions annually until you reach your maximum limits. Check whether your employer has an RRSP or pension plan you can participate in.

I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars.

SNEEZING AT THE DINNER TABLE

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA
FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Butler, when at dinner and one feels a sneeze coming on, how do you handle the situation? Sneeze into the napkin? Turn your head and sneeze into the napkin? Then there is the nose blow. Turn your head and blow into the napkin or leave the table to take care of it? Does one even use their napkin? Very confused here. Arthur

Dear Arthur,

Lets first deal with the easy part of your question. The dinner napkin is never, under any circumstances, used as a handkerchief, so blowing your nose into your napkin will never be an acceptable option.

Should you ever need to blow your nose while at the table, you should always excuse yourself from the table and ideally blow your nose in a Kleenex or handkerchief, far enough away so that the others at the table do not hear you.

Now, as for sneezing at the table. Remember that sneezing can spread germs. If you must sneeze at the table, grab your napkin, cover both your mouth and nose, put your head down as close to your chest as possible and try to push your chair back from the table before sneezing.

It is even better if you are seated in a position that allows you to turn your head away from everyone.

In any case, try to never sneeze in someone's direction, or in the direction of the food.

ISTOCK

▶ The dinner napkin should not be used for blowing your nose.

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4 sports

Jets preview

Philadelphia at Winnipeg
6 p.m.
TV: TSN-Jets

The Jets (29-26-6) host Philadelphia (32-19-7), which has won only three of its last 10 games. New acquisitions Nicklas Grossman and Pavel Kubina will be in the Flyers' lineup, giving their defence a needed boost while Ilya Bryzgalov continues to struggle. Bryzgalov allowed three goals on 13 shots before being pulled in a 6-4 loss to Pittsburgh on Saturday. Wayne Simmonds has eight goals in nine February games, bringing his season total to 21 — a new career high.

THE CANADIAN PRESS

Scan code for more sports.

Jets proceed with caution

'You're always fearful of maybe overconfidence,' coach Noel says after three straight wins

The Winnipeg Jets have built most of their wins this season on tight checking and a couple of well-timed goals in games where there has been little room for error.

So you would think when his top lines produce five goals and his team allows just one — as they did Sunday against Colorado for a third straight win — coach Claude Noel might relax and feel like things are on the right track.

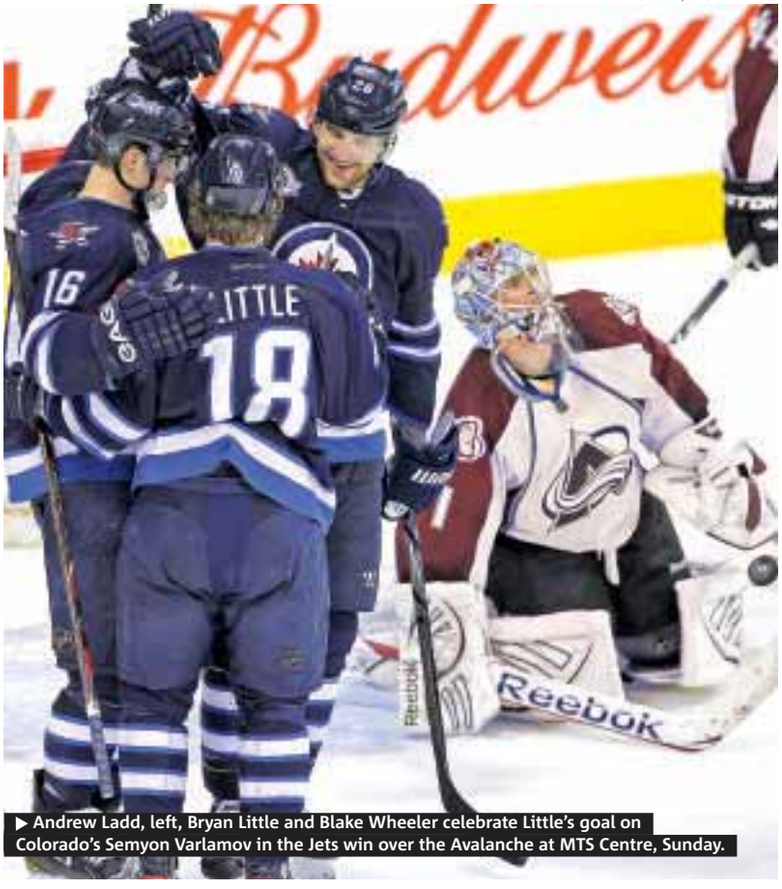
Well, think again.

"It seems every time I feel good about things, I'm fearful about something else," he said Monday as the Jets prepared to host the Philadelphia Flyers on Tuesday in the third contest of an eight-game homestand.

Noel and the Jets (29-26-6) know there is no time to pat themselves on the back as they look to improve their tenuous position at the bottom of the Eastern Conference playoff race. They're tied with the Toronto Maple Leafs with 64 points for the eighth and final spot.

"There was a time there where everything was low scoring but now we've had a couple of games where we've scored some goals," said Noel. "That's good, that's more fun.

TREVOR HAGAN/THE CANADIAN PRESS



▶ Andrew Ladd, left, Bryan Little and Blake Wheeler celebrate Little's goal on Colorado's Semyon Varlamov in the Jets win over the Avalanche at MTS Centre, Sunday.

"What you have to be careful of is you don't start thinking you're a five or six-goal team every night."

Noel also said he isn't playing guessing games about which team they might replace in the top eight, as he focuses all his energies on the Flyers (32-19-7), who have a 10-point lead on the Jets.

MARIANNE HELM/GETTY IMAGES FILE

"If we continue to win, we put ourselves in a good situation ... That's what we can control."
JETS COACH CLAUDE NOEL

And the comments in the dressing room sound pretty similar.

"We haven't accomplished anything yet," said forward Tim Stapleton, back for the last few games after missing nine due to injury. "We're not in the playoffs right now and that's where we're trying to get to and we know it's going to take pretty well every point possible."

Veteran defenceman Mark Stuart doesn't think this is just a brief flash of success.

"I think we're the real deal," he said. "I believe in this team."

THE CANADIAN PRESS

'His record as a coach is unparalleled'

DAVE BUSTON/THE CANADIAN PRESS FILE

▶ Cal Murphy holds the Grey Cup after coaching his Winnipeg Blue Bombers to a win over the Hamilton Tiger-Cats in the 1984 Grey Cup game in Edmonton.

He could be crusty and had a reputation of sometimes being tight with a buck. But there's no denying that when it came to football, Cal Murphy had the Midas touch.

He was part of nine Grey Cup-winning teams as an assistant coach, head coach and CFL general manager. He's a member of the Canadian Football Hall of Fame and since 2000 had been evaluating talent for the Indianapolis Colts.

On Saturday night, Cal Murphy died. He was 79.

Murphy died in hospital in Regina, where he lived with his wife Joyce. He had been admitted into hospital earlier in the month after suffering broken ribs in a fall.

"His record as a coach is unparalleled, probably the most complete coach that ever coached in the Canadian Football League," said former Winnipeg general manager Paul Robson, who hired Murphy in 1983.

Murphy spent 24 seasons in the CFL, but is best known for his 14 years as head coach and GM of the Blue Bombers, where he made five Grey Cup appearances, winning three.

Murphy, born March 12, 1932 in Winnipeg, had a history of heart problems. He suffered his first heart attack in 1979 while he was an assistant with the Edmonton Eskimos and underwent quadruple bypass surgery. A second attack followed in 1985.

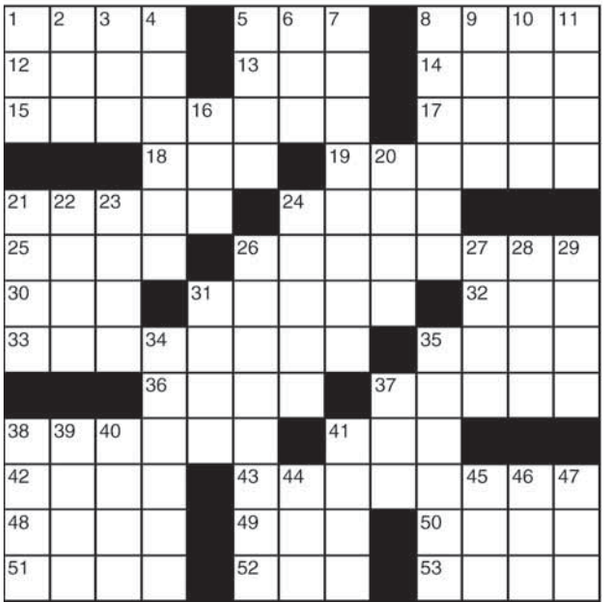
In 1992, Murphy underwent emergency heart bypass surgery before having successful heart transplant surgery.

Through it all, Robson said Murphy was a man who went about football in a way that made those around him feel good.

"I can never think of Cal Murphy without a smile," Robson said. "He was hard-nosed, bull-headed, all of those kinds of things, but he was one of the greatest friends that you could ever have."

THE CANADIAN PRESS

Crossword



Across

1 Above
5 Stick out
8 Take out of the manuscript
12 Carry on
13 Fire residue
14 Holly
15 Poisonous evergreen
17 Put away for a rainy day
18 Seek restitution
19 Funny, in an O. Henry sort of way
21 Ersatz chocolate
24 Huff and puff
25 Prayer ending
26 Sieve
30 Business deg.
31 "The Age of Anxiety" poet
32 Past
33 Potpourri of a sort
35 Rorschach test picture
36 Cincinnati team
37 Mustard-family herb
38 Urban problem
41 Hot tub
42 Bedouin
43 Robinson Crusoe, e.g.
48 Hammer's target
49 Ultra-modernist
50 Money
51 Rote of football lore
52 Talk on and on
53 Syringe, for short

Down

1 Acapulco gold
2 Actor Kilmer
3 Previous night
4 Logic
5 Nephrite
6 Work with
7 Michael Jackson hit
8 Repudiate
9 Verve
10 Jeans-maker Strauss
11 Biz bigwig
16 Gist
20 Reddish horse
21 Bivouac
22 Early pulpit
23 Paper quantity
24 Portends
26 Holding affectionately
27 Chip's cartoon pal
28 Ids' counterparts
29 Deteriorates
31 From the beginning
34 Fit for farming
35 Limb
37 Tax pro
38 Foundered
39 Say grace, e.g.
40 Bar
41 Unkempt one
44 Vast expanse
45 Week fraction
46 Kreskin's claim
47 Pi follower
53 Barbie's companion

▶ Friday's answer

Sudoku

	9	2	1		8			6
	8	6						1
4			9					
5	1				4			
	2	4				5	7	
			5				9	4
					7			9
9						7	8	
1			8		6	4	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

7	2	4	1	3	9	5	6	8
9	5	1	4	8	6	3	7	2
3	6	8	2	5	7	1	9	4
2	8	5	6	9	4	7	3	1
1	9	3	8	7	2	6	4	5
4	7	6	5	1	3	8	2	9
8	3	2	9	6	5	4	1	7
5	4	7	3	2	1	9	8	6
6	1	9	7	4	8	2	5	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

BigRedDog, Who would have thought petting your dogs would turn into a life time together? We've been through more in one year than most couples go through in a lifetime, and i wouldn't have changed not one moment. Love to love you & want to want you 4evr4always <3 AMEN! **ESTROGEN**

MY KNIGHT AND HERO
You came into my life when I needed you the most, you opened my soul and breathed life back into me...I owe you forever, and with that I will have you forever in my heart and soul, i miss you but I know you are with me...I have stayed with you like you asked,,,my heart aches for you all the time....I am your lady till the end of time. **YOUR LADY**

JR, How many famous people in your head?! you can provide any one so smart i love you!!! **RR**

A look at the weather

Jenna Khan, Weather Specialist

TUESDAY	WEDNESDAY	THURSDAY
Min -5° Max -3°	Min -16° Max -4°	Min -9° Max -3°

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
Speak your mind today and don't worry too much who might be offended.

♉ Taurus April 21-May 21
Don't be secretive about your social and professional ambitions – let everyone know what it is you are hoping to achieve.

♊ Gemini May 22-June 21
You will be intensely ambitious over the next few days. Go for it!

♋ Cancer June 22-July 22
Can you afford to sit back and look smug as the plans you made a few months ago begin to pay off? Yes you can.

♌ Leo July 23-Aug.23
This is a good time to start something of a business nature.

♍ Virgo Aug. 24- Sept. 22
Are you looking at a situation with clear eyes, or are you seeing what you want to see rather than what is truly there?

♎ Libra Sept. 23-Oct. 23
You must pace yourself sensibly today, even if you think you can labour from dawn to dusk without a break.

♏ Scorpio Oct. 24-Nov. 22
All things are possible and if you want something enough you will find ways to get it today.

♐ Sagittarius Nov. 23-Dec. 21 Don't turn your back on someone who needs help, even if they have been less than helpful to you in the past.

♑ Capricorn Dec. 22-Jan. 20
There is no point losing your temper with someone whose beliefs you profoundly disagree with.

♒ Aquarius Jan. 21-Feb. 18
Make a decision and stick with it. If you chop and change you could do yourself a great deal of damage.

♓ Pisces Feb. 19-March 20 A new moon in your sign means a new beginning – but what kind of new beginning is entirely up to you.

SALLY BROMPTON

Caption contest

DAVID GUTTENFELDER/ THE ASSOCIATED PRESS

FELIPE DANA/THE ASSOCIATED PRESS

You write it!

WIN!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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IN THEATRES FEBRUARY 24

No purchase necessary. Open to all residents of Canada, except those residing in the province of Quebec. Participants must be at least 18 years of age. Contest closes on February 24, 2012. Go to WagJag.com/ActofValor for full contest rules and regulations.

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